

**BY ORDER OF THE COMMANDER,
8TH FIGHTER WING**



AIR FORCE INSTRUCTION 10-248

8TH FIGHTER WING COMMAND

Supplement 1

12 APRIL 2005

Operations

FITNESS PROGRAM

"HOLDOVER"

*"The basic publication has changed; impact on supplemental information is under review by the OPR.
Users should follow supplemental information that remains unaffected."*

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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This supplement applies to all personnel assigned, attached, or associated units to the 8th Fighter Wing, Kunsan Air Base, Korea.

AFI 10-248, 1 January 2004, is supplemented as follows:

A8.3.3. Cold: 8 FW, Kunsan AB local procedures. Outside testing when temperature and wind chill factor is $>35^{\circ}$ F. When temperature or wind chill factor is $\leq 35^{\circ}$, the inside track will be utilized.

A8.5. (Added) Course Requirements for 1.5 Mile Run Utilizing The Fitness Center Indoor Track.

A8.5.1. (Added) The indoor track will only be used when weather conditions prohibit outdoor testing. (See paragraph A.8.3, AFI 10-248)

A8.5.2. (Added) It has been established that 17.11 laps is equivalent to 1.5 miles when running as follows: Members will use the outside lane in the straight portions and will cut to the inside or middle lane when rounding the curves as indicated with broken white markings. The start and finish lines are clearly marked.

A8.5.3. (Added) A maximum of nine individuals will be tested to ensure safety and to obtain an accurate score.

A8.5.4. (Added) A minimum ratio of one Physical Training (PT) leader per three individuals will be present to record laps and times. One PT Leader will be responsible for only three specified individuals. Additional monitors may use as needed.

WILLIAM W. UHLE, JR., Colonel, USAF
Commander